

Recipes... CHARD



NOTES & TIPS: Chard leaves cook similar to spinach, very quick and will get mushy if you over cook them. They need a large pot or wide frying pan because they cook down. Leaves should be stemmed prior to steaming, sautéing, or adding to soups and stews. The easiest way to remove stems quickly is to fold each leaf in half lengthwise, with the stem side facing out. With a knife, use a diagonal cut to cut along the large, fibrous stem, cutting across at the point where the stem begins to flatten out. Reopened leaf should have a narrow v-shaped incision where the stem was removed. The stems (also called ribs) should be used too, but take longer to cook. Just trim off the ends and cut into 1" pieces. Then it's best to sauté or steam the stems for 10-15 minutes before adding the leaves. You can also boil the stems before adding to a recipe. Toss pieces of chard leaves into your favorite soup and cook for 20 minutes before serving. Use variations of the EASY SWISS CHARD recipe to cook and serve the easiest and fastest way. Check out the rest of the recipes, they are delicious! You can also eat raw in salads or on sandwiches like lettuce. The stems can be eaten like celery stalks. Most of these recipes do not call for meat, but you could easily season and cook small bits of stew meat or ground and add to many of these recipes. You could even add bits of salami, ham or sliced sandwich meat to many of them. Be creative!

EASY SWISS CHARD

1 lb. Swiss chard
1 clove garlic, chopped
1/2 c. chopped green onion (or yellow if that's what you have, use less if you want less onion taste since they are stronger than green onions)
1/8 c. butter or olive oil
1/8 c. & 1/2 tbsp. lemon juice
1/8 tsp. salt
1/8 tsp. black pepper
1/8 tsp. celery salt
Pinch of nutmeg

Wash Swiss chard thoroughly; drain. Remove leaves from stalks. Tear leaves into small pieces. Set aside. Cut stalks into inch size pieces. In large saucepan saute cut up stalks, onion, garlic in butter or olive oil. Add salt, pepper, celery salt, nutmeg and lemon juice to pan. Reduce heat. Add Swiss chard leaves. Cover. Simmer 15 minutes, stirring occasionally. (To this may be added 1 tablespoon capers, 1 1/2 cups chopped tomatoes and sprinkled with cheese before serving.)

SWISS CHARD

1 large bunch of fresh Swiss chard
1 small clove garlic, sliced
2 Tbsp olive oil
2 Tbsp water
Pinch of dried crushed red pepper
1 teaspoon butter
salt

Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe. Roughly chop the leaves into inch-wide strips.

Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

SAUTEED SWISS CHARD RIBS WITH CREAM AND PASTA

Recipes... CHARD



1 lb swiss chard, yielding 2 cups of chopped ribs
1/4 cup (half a stick) butter
3/4 to 1 cup heavy cream
Enough dry pasta to make about one quart of cooked pasta (use rice pasta if gluten-free is required)
Salt and pepper

Separate the ribs from the greens in the manner described here. Cut the ribs into 1/2-inch to 1-inch pieces. Blanch the ribs in lightly salted boiling water for 3 minutes.

Melt butter in a saucepan on medium heat. Add the drained, blanched ribs and simmer for 4 minutes. Add heavy cream and cook until cream reduces by two-thirds.

While the cream is reducing, cook up your pasta according to the pasta's package directions.

Mix creamed chard with pasta. Season lightly with salt and freshly ground pepper.

Serves four.

ENCHILADAS WITH CORN, BEANS AND GREENS

1 T. canola oil
1 onion, chopped
1 green pepper, chopped
1 jalapeno pepper, diced fine (optional)
1 10-ounce package frozen corn
1 15-ounce can black beans, drained and rinsed
8 large chard leaves, stemmed
8 8-inch whole-wheat tortillas
2 c. finely shredded cheddar or Monterey Jack cheese
2 c. canned or homemade enchilada sauce

Preheat oven to 350°

In a large saucepan, heat oil over medium heat. Add onion and pepper(s) and sauté until onion is tender, about 5 minutes. Add corn and cook, stirring occasionally, until corn is thawed and heated through and onion is beginning to brown, about 5 more minutes. Remove from heat and stir in beans. Set aside.

Meanwhile, heat approximately one-half inch of water to boiling in a wide, shallow pan. Add chard leaves to the pan, cover, and remove from heat. The leaves should wilt in less than minute. Drain, being careful not to tear leaves, and set aside.

Coat shallow baking dish (a 9 x 13" pan or similar) with cooking spray and spread ½ c. of enchilada sauce on the bottom.

To assemble enchiladas, place a tortilla on your work surface. Put one chard leaf on top of the tortilla, trimming to fit if necessary. Top the chard with approximately 1/3 cup bean mixture and top with 2 T. cheese. Roll the tortilla and place, seam side down, in the prepared baking dish. Repeat with remaining tortillas.

Spread remaining enchilada sauce evenly over the rolled tortillas in the dish. Top with remaining 1 c. cheese.

Cover dish with aluminum foil and bake at 350° for 30 minutes. Remove aluminum foil and continue to bake, uncovered, until cheese is melted and beginning to brown, about another 10 minutes.

SWISS CHARD

1/2 tbsp. olive oil
1 clove garlic, minced
1/2 lb. Swiss cheese
1 sm. onion, sliced

Recipes... CHARD



Lemon juice

Heat frying pan. Add oil. Stir fry garlic for 1 minute. Add Swiss chard and onion, saute for 1 minute. Cover. Reduce heat and cook for 5 minutes. Sprinkle with lemon juice.

SWISS CHARD "QUICHE"

1 lg. head Swiss chard
6 tbsp. butter
3 cloves crushed garlic
4 eggs, beaten
1 1/4 c. light cream
Pinch of nutmeg

Wash chard well; remove green leaves from stalks. Roll up like a cigar and slice thinly. Cut stalks into 2 inch pieces. Cook stalks in boiling salted water for 25 minutes. Drain well. Use 2 tablespoons butter. Heat and add chard, season lightly with salt and pepper and cover and cook over gently heat for 15 minutes. Cut remaining butter into small pieces. Place a layer of stalks in a well buttered dish. Dot a little of the butter over the surface and cover with some of the leaves. Repeat ending with a layer of stalks.

To the eggs add crushed garlic and cream and beat together. Season lightly with salt, pepper, and nutmeg. Add to chard and gently mix so as not to dislodge chard. Cook in a preheated oven to 350 degrees for 30-40 minutes.

RAVIOLI

1 1/2 lbs. ground meat (slightly fried)
1 egg
1 c. cooked spinach or Swiss chard (chopped & drained)

Mix thoroughly together.

DOUGH:

1 c. flour
3 eggs

Mix flour and eggs together with enough water to make a firm dough. Divide dough in half. Roll each piece into a very thin sheet. On the one half spoon 1 teaspoon of meat mixture every 2" until sheet is used. Place second sheet over the first and press with fingers around each mound. Cut into squares being careful that all edges are closed. Cook 20 minutes in 5 quart of boiling water with salt added. Drain and serve with favorite sauce or butter and Parmesan cheese.

GRATIN OF CHARD OR BROCCOLI

2 to 2 1/2 broccoli or Swiss chard, parboiled, rinsed, squeezed & finely chopped
7 tbsp. butter
3 tbsp. oil
1 lb. mushrooms, sliced
1 garlic clove, chopped
1/2 c. ricotta
1/4 c. freshly grated Parmesan cheese
Salt
3 egg yolks
1/2 c. dry bread crumbs

Recipes... CHARD



Melt butter in a saucepan with 1 tablespoon oil, add mushrooms and garlic. Lightly saute. Don't brown. Add broccoli or chard. Mix well and remove pan from heat. Add ricotta and Parmesan. Season with salt. Blend in egg yolks.

Oil a shallow baking dish and sprinkle with bread crumbs. Pour mixture into dish. Smooth and cover with remaining bread crumbs. Bake at 375 degrees for 30 to 40 minutes.

SWISS CHARD GENOA STYLE

1 lg. bunch Swiss chard or 3 bunches spinach
1/4 tsp. salt
1/2 c. olive oil
2 med. onions, sliced
1 tbsp. chopped parsley
2 cloves garlic
1/4 lb. mushrooms, sliced
2 eggs, lightly beaten
1/2 tsp. pepper
1/2 tsp. salt
1/2 c. bread crumbs
2 tbsp. Parmesan cheese

Remove stalks from chard or spinach, wash and shred. Place in a large saucepan with 1/4 teaspoon salt and no water, cover pan and cook over moderate flame 10 minutes, stirring often. Remove from fire and squeeze dry. Place onions and oil in saucepan and brown onions slightly. Add parsley, garlic, mushrooms, and chard, cook 5 minutes, remove from fire and cool. Add eggs, pepper, Parmesan cheese, and salt. Grease casserole and sprinkle with some bread crumbs. Pour chard mixture into casserole and top with remaining bread crumbs. Bake in moderate 375 degree oven for 20 minutes. Serve hot or cold. Serves 4.

SHCHAV - RUSSIAN SWISS CHARD SOUP

1 lb. cleaned Swiss chard
2 tbsp. butter
2 tbsp. flour
1 1/2 c. chicken broth (canned or freshly made)
1/2 c. milk or sour cream

First melt butter in a wide, heavy pan. Add chopped or thinly sliced stems and cook, covered, for 3-4 minutes. Stir in chopped leaves and cook for 3-4 minutes more.

Sprinkle with 2 tablespoons flour and stir until blended. Gradually blend in chicken broth and milk or sour cream.

Cook and stir until slightly thickened. If a smooth green soup is preferred, whirl mixture in a blender until it has the consistency desired.

Season to taste with salt and pepper.

Makes 4-6 servings.

SWISS CHARD WRAPS

9-10 Swiss chard leaves, at least 9 inches
1 lg. tomato, sliced and cut in half
1/2 c. Mozzarella cheese, grated

Recipes... CHARD



2 tbsp. olive oil
1 tbsp. onion flakes
Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch onion - salt and pepper and one tablespoon cheese. fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in oven at 400 degrees for 10 minutes on a cookie sheet.

SWISS-CHARD BAKE

1 1/2 lb. Swiss chard
1/2 onion, minced
2 tbsp. butter
4 eggs, well beaten
1 c. buttermilk
2 tbsp. flour
1/2 tsp. salt
Few drops of pepper sauce
1 pkg. shredded cheddar cheese

Wash and peel stems from chard and drop in boiling water. Cook about 3 minutes before adding the leaves. Cook another 3 minutes. Remove from water and cut into pieces. Cook onion in butter a few minutes. Then add the Swiss chard to skillet with onion and butter stirring constantly to the flavor of onion and butter. Set aside. Beat eggs, add buttermilk, flour and salt and pepper. Mix well together. Combine cheese. In greased casserole place a layer of chard and a layer of cheese until all in dish. Cover with egg mixture. Bake for 30 minutes at 350 degrees.

SWISS CHARD GNOCCHI IN TOMATO CREAM SAUCE

2 tsp. butter
2 tbsp. minced shallots
3/4 c. each all purpose flour & part skim ricotta cheese
2 oz. + 2 tsp. grated Parmesan cheese, divided
1 egg, lightly beaten
1/4 c. well drained cooked chopped Swiss chard
1/8 tsp. ground nutmeg
Dash white pepper
2-3 qts. water
Tomato-Cream Sauce
Garnish: basil leaves

In 8" skillet heat butter over medium high heat until bubbly and hot; add shallots and saute until softened, 1 to 2 minutes. Transfer shallots to medium mixing bowl; add flour, ricotta cheese, 2 ounces Parmesan cheese, the egg, Swiss chard, nutmeg and pepper and mix well to form dough.

Divide dough into 4 equal portions and roll each into a rope about 3/4" diameter; cut each rope into 1/2" lengths and, using your thumb and forefinger, press the middle of each piece together to form an indent.

In 3 or 4 quart saucepan bring water to a boil; drop in gnocchi, a few at a time (water should continue to boil as gnocchi are added); when gnocchi rise to the surface, cook until al dente, 5 to 7 minutes. Using slotted spoon, remove gnocchi from water and arrange on serving platter. Top with Tomato-Cream Sauce and, using 2 spoons, toss to combine, sprinkle with remaining 2 teaspoons Parmesan cheese and garnish with basil leaves.

Recipes... CHARD



Makes 4 servings.

Variation: Spinach Gnocchi, substitute well drained cooked chopped spinach for the Swiss chard.

TOMATO-CREAM SAUCE

3 c. canned Italian tomatoes (with liquid); drain, seed & dice tomatoes, reserving liquid, divided
2 tsp. olive or vegetable oil
1/2 c. chopped onion
1 garlic clove, minced
2 tsp. each minced fresh parsley & basil
1/4 tsp. salt
Dash pepper
3/4 c. half and half (blend of milk & cream)

In blender container process 2 cups tomatoes with the reserved liquid until pureed; set aside.
In 3 quart saucepan, heat oil over medium high heat; add onion and garlic and saute until softened, 1 to 2 minutes. Add pureed and diced tomatoes along with the parsley, basil, salt and pepper and stir to combine. Reduce heat to low and let simmer, stirring frequently, until mixture is reduced and slightly thickened, 25 to 30 minutes. Gradually stir in half and half and cook until thoroughly heated and flavors blend, 10 to 15 minutes longer (do not boil). Makes 4 servings. Fabulous with Swiss Chard Gnocchi or try this creamy sauce on cooked pasta or rice.

SWISS CHARD OR SPINACH PIE

2 1/4 lbs. Swiss chard or 2 1/2 lbs. spinach
6 eggs
2 1/2 or 3 dry onions, sliced, sauteed in 1/4 c. olive oil until soft
2 bunches green onions, chopped
1 1/2 lb. feta cheese, crumbled
1/4 c. Parmesan cheese
1 tsp. white pepper
1/2 tsp. dill (optional)
1 lb. filo
3 squares butter, melted
1/4 c. olive oil

Mix oil and melted butter together after butter has cooled.
Clean and wash Swiss chard or spinach, drain, dry completely. Chop Swiss chard or spinach, green onions, put in large mixing bowl with the sauteed onions. Add crumbled cheese, Parmesan, add slightly beaten eggs to mixture, white pepper and dill. Mix well.

Grease an 11 1/2 x 17 1/2 inch baking pan with butter and oil mixture. Add 6 pastry sheets on bottom of greased pan, spread each with the oil and butter mixture, sprinkle with the Swiss chard or spinach mixture alternating the pastry sheets and spinach or Swiss chard mixture. Cover with 6 individually buttered sheets. Pour the remaining butter and oil on top. Bake at 350 degrees for 1 hour. Cool and cut in squares.

GOOD SHEPHERD'S PIE

2 c. leftover mashed potatoes or 3 med. potatoes
1/4 c. milk

Recipes... CHARD



1/2 tsp. salt
Pinch paprika

FILLING:

1 onion, chopped big
1 tbsp. oil
1 lb. broccoli
1 green pepper, diced
4 med. carrots, diced
1/2 tsp. basil
1 bay leaf
3/4 c. chopped fresh tomatoes or 1/4 c. tomato paste & 1/2 c. water
1 bunch spinach or Swiss chard
1 tsp. salt

Here's a happy home for leftovers. The vegetables will vary according to the season. A small amount of leftover lentil, pea or bean soup may be stirred in with the vegetables.

Unless you have leftover mashed potatoes, steam potato chunks or cook them in fast boiling water until soft. Mash well, adding milk and salt. Save the potato water for bread making.

Cut broccoli into florets and stems. Peel and slice the stems in 1/4 inch rounds. Wash spinach thoroughly and cut into bite-size pieces.

Preheat oven to 350 degrees. Saute onion in oil. Add broccoli, green pepper and carrots, then the basil and bay leaf. Stir well and add tomatoes. Bring to a boil, cover, turn heat to low and simmer for 15 minutes or until vegetables are just tender. Stir in spinach. Add salt.

Put vegetables into a 9 x 13 inch baking dish. Spread potatoes over top and shake paprika over all. Bake for 10-15 minutes, until the potatoes are piping hot.

Serves 4-6.

SPINACH PIE

8 c. flour
1 tsp. salt
3 beaten eggs
1/2 c. water, lukewarm
3 tsp. baking powder
1 c. Crisco (I use a non-hydrogenated firm oil)
1/2 c. milk, lukewarm
1/4 c. more water, if needed

FILLING:

4 lbs. cooked spinach or Swiss chard
1 c. oil
4 tsp. salt
1/3 c. crushed dried red pepper, less if desired
1 clove finely chopped garlic
1/2 tsp. garlic
3 tbsp. paprika

Recipes... CHARD



Make a well in flour which has been mixed with baking powder and salt. Cut in Crisco as for pie crust. Add beaten eggs, milk and water; mix well. Add more water if necessary. Set aside; covered.

FILLING: Mix thoroughly; set aside.

Roll dough out in small portions to a 6 inch circle. Place 1/3 cup of spinach filling at bottom of circle. Spread spinach out to within 1/2 inch of sides. Fold over top half after slitting dough to allow steam to escape. It should look like a turnover. Crimp edges firmly. Place on greased cookie sheet. Pat each turnover lightly with oil. Bake at 425 degrees on top shelf for 20 to 30 minutes. Cool and enjoy.

VEGETABLE NOODLE CASSEROLE

3 tbsp. olive oil
2/3 c. chopped walnuts (optional)
1 lg. onion, thinly sliced
2 lg. carrots, coarsely grated
1 lg. bunch Swiss Chard, chopped
1 clove minced garlic
1/3 c. minced parsley
1/2 tsp. thyme leaves
8 tsp. soy sauce or Bragg's Liquid Aminos
1 c. sour cream
Salt
3 c. pasta
2 c. grated Jack cheese

Heat oil in large frying pan and saute nuts until lightly browned. Remove from pan with a slotted spoon then stir in onions, carrots and chard stems cut into 1" pieces. Sauté until onion is translucent then remove from pan. Add chard leaves, garlic, parsley and thyme and sauté until chard is limp.

Combine soy sauce and sour cream; add to chard mixture along with walnuts, onions and carrots.

Stir to mix well. Add salt to taste. Spread pasta in a lightly greased 2 quart casserole and spoon vegetable mixture over top.

Sprinkle with cheese and bake in 400°F oven for 15 minutes, or until cheese is bubbly and casserole is heated through.

Serves 6.

VEGETABLE CASSOULET

1 onion, chopped
1 garlic clove, minced
1 tbsp. olive oil
1 lb. spinach or Swiss chard, cut into large pieces
2 carrots, shredded
1 c. chopped tomatoes
1/2 lb. mushrooms, sliced
1/2 tsp. oregano
1/2 tsp. basil
1/4 tsp. pepper
12 oz. shredded Mozzarella cheese

Recipes... CHARD



3 1/2 c. cooked Great Northern White Beans (canned or pre-cooked dry, can also use a mix of beans that you have on hand)

Saute onion, garlic and chard stems in 1 teaspoon oil. Do not brown. Steam chard or spinach until just wilted. Set aside. To the garlic and onion mixture, add the carrots, tomatoes, mushrooms, and seasonings. Cook for 10 minutes. Into a two quart, deep casserole, layer half of the beans, topped by a layer of half of the spinach, topped by a layer of half of the cheese and half of the vegetable sauce. Repeat the layering ending with the cheese on top. Bake in a 350 degree oven for 1 hour. Makes 6 servings.